

# TIDINGS



## WELCOME TO THE RIVER FALLS ROTARY CLUB

### In this issue:

Meeting Report - Page 1

Program - Page 2

Set Up & Schedule - Page 3

Member Directory - Page 4

### The ROTARY Four-way Test

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and better friendships?
- Will it be beneficial to all concerned?

### River Falls Rotary Vision Statement:

*“Enhancing Opportunities for  
Youth; Creating a Better World  
for All.”*

## MEETING REPORT

*President Brian McQuade called the meeting to order. Toni Pedriana shared a devotion, after which Brian led the pledge, 4-way test and club mission statement.*

### GUESTS:

Anna Cernohous, RFHS

### ANNOUNCEMENTS:

**FINANCE COMMITTEE:** The finance committee meets at 7am this Thursday at the hospital. All are welcome!

### HAPPY BUCKS:

JW collected Happy Bucks for Greg Miller, a Packer and Clemson Tide win, guests, general happiness, missed meetings and:

- JW is looking forward to “Miller Time”
- Bill is heading to Minneapolis to visit the Martin Luther exhibit at the MIA for the second time; it closes on 1/15, then heads back to Germany.
- John enjoyed 80 degree weather in Houston on Christmas Day.
- Heather is running for school board in Hudson!
- Rick H. enjoyed at trip to Louisville.
- Karla recommended the PBS special on the Reformation as a complement to the Martin Luther exhibit.
- Chris has completed a certification in organizational management!
- Terry became a great-grandma at 4:15pm yesterday!
- Scott N. got his dad, who has Alzheimer’s, settled into a nursing home before Christmas.
- Rick W. enjoyed his granddaughter’s basketball tournament on Saturday.
- Gordy’s wife is having rotator cuff surgery; keep them in your prayers.
- Steve added a granddaughter over the holidays; big sister isn’t taking it so well.
- Scott’s daughters are back at school and his son took second at a wrestling tournament.
- Thomas is excited about the UW-River Falls hockey team, which is 12-1!
- Tony J. is back from Mexico – and back in treatment for skin cancer – missing Ann, who would have celebrated a birthday yesterday.
- Dale slipped on the ice and hurt his back.
- Carole enjoyed two weeks in Mexico and is busy working with the River Falls Ambulance to get people at church trained to use the AED.
- Elaine’s husband canceled his Netherlands trip, so she’ll have to continue to listen to him coughing.
- Brian is excited about the Wild’s winning streak, and his “older” wife’s 40th birthday.

Rotary is an organization of business and professional men and women united worldwide who provide **humanitarian** service, encourage **high ethical standards** in all vocations, and help **build goodwill and peace** in the world."

# Rotary



[www.rotary5960.org](http://www.rotary5960.org) – check out the great things in our district!

## CLASSIFICATION TALK: GREG MILLER, MD

Greg Miller, MD  
Vibrant Health Family Clinics  
"Powered by health and wellness"



*"As a physician owner of Vibrant Health, the values of independence, community-centered care were handed down to me by my predecessors. My intention is to carry forth those values to provide the best quality care with the best patient experience."- Greg Miller, MD*

Dr. Greg Miller was born in Minneapolis, MN and graduated from Notre Dame, where he "changed majors every semester." He eventually chose medicine and completed his residency at North Memorial, where he met his wife, Molly, who was a physical therapist there. They got married and have four children, now ages 10-16, who keep them busy when he's not at work. After his residency, he did one extra year of training in Washington, and that's where their first child was born. When he interviewed with physicians here in River Falls, it "clicked," and they've been here ever since. He has one sister, who is married and lives in the Twin Cities.

Greg is committed to modeling healthy living, including biking to work when he can. He recently won a FitBit challenge at work – against some steep competition from people who were logging 25,000 steps a day! Greg was proud to support the TriAngels Park in River Falls, noting that getting healthy is the most important part of medicine. Vibrant Health recently launched a "Walk with a Doc" program, inviting people from the community to join a provider for a walk. Studies show that 40-50% of cancers are caused by unhealthy behaviors; Greg would much rather go for a walk for an hour than spend an hour writing prescriptions. Greg is proud to volunteer for and support the Free Clinic of Pierce & St. Croix Counties. Many volunteers from around the region pull together to make the Free Clinic, which has been going strong for nearly ten years, work.



*Dr. Greg Miller was recently honored by the American Diabetes Association for his volunteer work. (He credits Molly for providing the support to make this possible.)*

Dr. Miller volunteers with Camp Needlepoint, an annual camp at YMCA Camp St. Croix for kids with Type I Diabetes. Dr. Bob Johnson was involved for 20 years; as he was phasing out, Greg started to get more involved. Parenting a Type I Diabetic is a 24/7 job; having ten physicians and eight nurses at camp gives parents peace of mind.

For Dr. Miller, being "powered by health and wellness" is more than a tag line, it is a way of being that he believes in and wants to nurture in his family and community. "Being powered by health means I care about and commit resources to healthcare access, affordable healthcare (total cost of care), and being a trusted resource and health advocate for our patients." He is proud of the data that shows that his clinic produces good outcomes at costs below the Twin Cities average.

Dr. Miller is nervous about the future of health care. Increased obesity = increased health issues, and the trends are frightening. Unless we take control and adopt healthier behaviors, it's hard to imagine a health care model that will be sustainable. In response to a question about the new Allina Health clinic, Dr. Miller said that he knows nothing about it. In response to a question about electronic medical records, Dr. Miller said that they are slowing providers down and don't improve quality.



**PROGRAM SCHEDULE**

**JANUARY**

- Jan 3** Thomas Pedersen, Community Project Proposals
- Jan 10** Classification Talk: Greg Miller
- Jan 17** Brooke Marlow, St. Croix Valley SART
- Jan 24** Amy Peterson, Glen Park Master Plan
- Jan 31** Dave Newmann, District 5960 Fast for Hope

**FEBRUARY**

- Feb 7** Alfred Zdrazil, Domestic Abuse
- Feb 14** Club Assembly: Structure and Bylaws
- Feb 21** TBD
- Feb 29** TBD

**Have a Program idea? Talk to Bill Montgomery to schedule it!**

**DEVOTIONS, SET-UP AND TAKE-DOWN**

Set Up / Take Down	DEVOTIONS JAN-MAR
<b>Jan 3</b> Cudd & Huertz / TBD	Jan 3 Thomas Pedersen
<b>Jan 10</b> Borchardt & Morrissette	10 Tony Pedriana
<b>Jan 17</b> Matheson & Pedersen / Matheson & Fults	17 Marti Piepgras
<b>Jan 24</b> McKay & Baumann	24 Matt Russell
<b>Jan 31</b> Palmquist & Owens / Hedahl & Montgomery	31 Steve Schroeder
<b>Feb 7</b> TBD / TBD	Feb 7 Vince Seidling
<b>Feb 14</b> TBD / Pedriana & TBD	14 Scot Simpson
<b>Feb 21</b> TBD / TBD	21 Karla Thoennes
<b>Feb 28</b> TBD / TBD	28 Mike Thompson
<b>Mar 7</b> Benson & Schroeder	Mar 7 Dean Van Galen
<b>Mar 14</b> TBD / TBD	14 Jean Wespetal
<b>Mar 21</b> Cudd & TBD / TBD	21 Rick Wilson
<b>Mar 28</b> TBD / TBD	28 Wayne Wulf

**NOTE: If you are unable to attend, please make arrangements to have these responsibilities covered. Ideally you would find someone to trade with. *If you make a trade, please let the Tidings editor know.***

**Rotary**  
District 5960



**2016-2017 OFFICERS**

- President: Brian McQuade
- President Elect: Heather Logelin
- Vice President: Rick Wilson
- Secretary: Drea Fults
- Past Pres.: Rosanne Bump
- Treasurer: Jayson Fredrickson
- Exec. Secretary: Peggy Chukel

**2016-2017 DIRECTORS**

- Community: Matt Russell
- International: Tony Jilek
- Club Service: Thomas Pedersen
- Vocational: Rosanne Bump
- Youth Protection: Linda Yde
- Youth Exchange: Elaine Baumann
- Public Relations: McKay/Leitch
- Membership: Terry McKay
- Programs: Bill Montgomery
- Foundation: Gorden Hedahl
- Sergeant at Arms: J. W. Matheson
- Newsletter: Heather Logelin
- Grantwriter: John Kremer
- Webmaster: Steve Leitch

**PAST PRESIDENTS**

- 1999: Tom Bloom
- 2000: Gorden Hedahl
- 2001: David Brassfield
- 2002: Randy Cudd
- 2003: Bill Montgomery
- 2004: Tom Palmer
- 2005: Connie Foster
- 2006: Steve Schroeder
- 2007: Carrie Fisher
- 2008: Kevin Pechacek
- 2009: Diane Odeen
- 2010: Tom Garfin
- 2011: Carole Mottaz
- 2012: Dale Jorgenson
- 2013: Elaine Baumann
- 2014: Scott Morrissette
- 2015: Rosanne Bump

**ROTARIAN OF THE YEAR**

- 2003: Tom Bloom
- 2005: Tom Garfin
- 2006: Dale Jorgenson
- 2006: Jerry Tack
- 2006: Kevin Pechacek
- 2007: John Kremer
- 2008 & 2009: Carole Mottaz
- 2010: Debbie Griffin
- 2011: Gorden Hedahl
- 2012: Pat O'Malley
- 2013: Bill Montgomery
- 2014: Vince Seidling
- 2015: Terry McKay
- 2016: Thomas Pedersen

Last	First	Work	Home	Email	Classification
Agrimson	Josh	425-6732	425-2172	<a href="mailto:agri0003@umn.edu">agri0003@umn.edu</a>	Dentist
Babcock	Judie		426-9541	<a href="mailto:judie@foster-foundation.org">judie@foster-foundation.org</a>	Philanthropy
Baumann*	Elaine	425-1835	425-5727	<a href="mailto:elaine.baumann1@gmail.com">elaine.baumann1@gmail.com</a>	High School Administration Retired
Benson	Jamie	425-1800	715-307-4869	<a href="mailto:jamie.benson@rfsd.k12.wi.us">jamie.benson@rfsd.k12.wi.us</a>	School Administration
Blasius	Chris	425-2533	426-2053	<a href="mailto:chris@rfchamber.com">chris@rfchamber.com</a>	Chamber Executive
Bluhm*	Samantha	651-470-3252	425-0003	<a href="mailto:samanthabluhm@icloud.com">samanthabluhm@icloud.com</a>	Writer/Life Coach
Boles*^	Joseph	425-7281	425-6540	<a href="mailto:josephboles@gmail.com">josephboles@gmail.com</a>	Judge
Borchardt	Traci	715-245-6877		<a href="mailto:tkolo@proactinc.org">tkolo@proactinc.org</a>	Job Developer
Bump*	Rosanne	651-223-7400	426-6505	<a href="mailto:rbump@winter-carnival.com">rbump@winter-carnival.com</a>	Nonprofit CEO
Capparelli^	Susan		715-222-0257	<a href="mailto:smcapparelli@gmail.com">smcapparelli@gmail.com</a>	Philanthropy
Chukel^	Peggy	425-7640	715-222-5763	<a href="mailto:chukelpc@gmail.com">chukelpc@gmail.com</a>	Bookkeeper
Cicchese	Larry	425-6179	425 6179	<a href="mailto:larrycicchese@baumancpa.com">larrycicchese@baumancpa.com</a>	Accountant
Cudd*	Randy	715-377-4747	425-9102	<a href="mailto:Randy@randycudd.com">Randy@randycudd.com</a>	Real Estate-Sales
Drews	Jen	425-4481	813-541-7769	<a href="mailto:jen.m.drews@gmail.com">jen.m.drews@gmail.com</a>	Higher Education
Farner	Justin		715-210-6831	<a href="mailto:jfarner@njfcontracting.com">jfarner@njfcontracting.com</a>	Electrical Contractor
Fodroczi	Dave	425-5738	715-222-1192	<a href="mailto:dave@kinniriver.org">dave@kinniriver.org</a>	Natural Resource Management
Fredrickson*	Jason	426-2090	715-550-7673	<a href="mailto:jason.l.fredrickson@gmail.com">jason.l.fredrickson@gmail.com</a>	Accountant
Fults	Andrea	425-0720	715-505-2628	<a href="mailto:andrea.fults@uwrf.edu">andrea.fults@uwrf.edu</a>	Higher Ed Administration
Hedahl*+	Gorden	715-821-0614	426-6082	<a href="mailto:ghedahl@comcast.net">ghedahl@comcast.net</a>	Higher Ed Fine Arts Retired
Heuertz	Rick		612-629-7157	<a href="mailto:rheuertz@comcast.net">rheuertz@comcast.net</a>	Retired
Humbert	Rita	425-1815	651-346-1946	<a href="mailto:rita.humbert@rfsd.k12.wi.us">rita.humbert@rfsd.k12.wi.us</a>	Elementary Ed Administration
Jilek	Tony	Retired	425-8923	<a href="mailto:ajilek@comcast.net">ajilek@comcast.net</a>	Higher Ed Ag Sciences
Johnson*	Jeff	426-3177	425-1444	<a href="mailto:jjohnson@fnbrf.com">jjohnson@fnbrf.com</a>	Banking
Jorgenson*	Dale	Retired	425-2786	<a href="mailto:rvrld@yahoo.com">rvrld@yahoo.com</a>	Laser Marking Retired
Kremer*	John	612-590-9540	381-9799	<a href="mailto:john@kremerservices.com">john@kremerservices.com</a>	Automotive Dealer Retired
Leitch*	Steve	425-0159	425-8044	<a href="mailto:steve@leitchinsurance.com">steve@leitchinsurance.com</a>	Insurance Sales
Logelin*	Heather	715-307-6001	381-2788	<a href="mailto:heather.logelin@allina.com">heather.logelin@allina.com</a>	Community Health & Philanthropy
Maplethorpe	Cheryl		425-5116	<a href="mailto:cheryl.kay.maplethorpe@gmail.com">cheryl.kay.maplethorpe@gmail.com</a>	Higher Education - Retired
Marsh	Ted	425-6309	651-442-8982	<a href="mailto:inhispresents@hotmail.com">inhispresents@hotmail.com</a>	Clergy
Matheson*	J.W.	715-386-1155	952-807-6877	<a href="mailto:jwmatheson@catalystsportsmedicine.com">jwmatheson@catalystsportsmedicine.com</a>	Sports Medicine
McArdle^	Melissa	426-6000	715-338-0438	<a href="mailto:melissa.a.mcardle@gmail.com">melissa.a.mcardle@gmail.com</a>	Health Care Administration
McKay*	Terry	651-210-5669	425-1109	<a href="mailto:terry.mckay@sbcglobal.net">terry.mckay@sbcglobal.net</a>	Real Estate Sales
McQuade*	Brian	715-307-7879	715-386-4454	<a href="mailto:bjmquade@gmail.com">bjmquade@gmail.com</a>	Financial Advisor
Miller	Greg			<a href="mailto:gmliller@vibranthealthclinics.com">gmliller@vibranthealthclinics.com</a>	Medicine
Moe	Paul	425-8294	715-441-2382	<a href="mailto:paulandlorimoe@gmail.com">paulandlorimoe@gmail.com</a>	Business Administration
Montgomery*+	Bill	Retired	425-5426	<a href="mailto:wm13@presenter.com">wm13@presenter.com</a>	Clergy
Mottaz	Carole		425-7903	<a href="mailto:mottaz@presenter.com">mottaz@presenter.com</a>	Higher Education
Morrisette*	Scott	715-246-8162	715-307-2335	<a href="mailto:smorrisette@msn.com">smorrisette@msn.com</a>	Banking-Commercial
Nelson	Scott	426-3534	952-797-3753	<a href="mailto:snelson@rfcity.org">snelson@rfcity.org</a>	Fire Chief
Neuhaus*	Max	425-7281	715-410-7296	<a href="mailto:max@rodlibeskar.com">max@rodlibeskar.com</a>	Attorney
Nylander*+	Virgil		425-6277	<a href="mailto:nylandervirgil@comcast.net">nylandervirgil@comcast.net</a>	Higher Ed Administration Retired
O'Malley	Pat	425-9882	425-9882	<a href="mailto:info@kilkarneyhills.net">info@kilkarneyhills.net</a>	Aviation Retired
Odeen*	Diane	612-309-6731	426-5325	<a href="mailto:dodeen@gmail.com">dodeen@gmail.com</a>	Attorney at Law
Owens	Bob	715-245-0028	426-9291	<a href="mailto:bobowens.rf.wi@gmail.com">bobowens.rf.wi@gmail.com</a>	Computer Consulting
Palmquist	Joel		715-821-2792	<a href="mailto:jkponthehouse@hotmail.com">jkponthehouse@hotmail.com</a>	Housing Construction
Pechacek*^	Kevin	425-8100	426-2036	<a href="mailto:kevin@thewestwind.com">kevin@thewestwind.com</a>	Restaurateur
Pedersen	Thomas	425-4555	920-203-0776	<a href="mailto:thomaspedersen26@hotmail.com">thomaspedersen26@hotmail.com</a>	Higher Ed-Student Services
Pedriana*	Tony		715-220-2942	<a href="mailto:anaped44@sbcglobal.net">anaped44@sbcglobal.net</a>	School Administration Retired
Piepgras*	Marti	425-6177	425-2077	<a href="mailto:marti@steroixgas.com">marti@steroixgas.com</a>	Utilities Management
Ross* ^	Dan	425-9011	425-9061	<a href="mailto:dross@rosscm.com">dross@rosscm.com</a>	Construction-Manager
Russell	Matt	426-3115	425-9293	<a href="mailto:mrussell2112@msn.com">mrussell2112@msn.com</a>	Banker
Schroeder*	Steve	612-817-6626	425-1704	<a href="mailto:icasws@comcast.net">icasws@comcast.net</a>	Insurance/Finance
Seidling	Vince	425-0075	715-977-0374	<a href="mailto:vseidling@yahoo.com">vseidling@yahoo.com</a>	Financial Advisor
Simpson	Scot	426-3402	629-7350	<a href="mailto:ssimpson@rfcity.org">ssimpson@rfcity.org</a>	Public Administration
Thoennes	Karla	425-4666	701-799-0473	<a href="mailto:karla.thoennes@uwrf.edu">karla.thoennes@uwrf.edu</a>	Higher Ed Residence Life
Thompson	Mike	715-529-1910	425-8897	<a href="mailto:thompsonmd61@gmail.com">thompsonmd61@gmail.com</a>	Sales
Van Galen	Dean	425-3201		<a href="mailto:dean.vangalen@uwrf.edu">dean.vangalen@uwrf.edu</a>	Higher Ed Administration
Wespetal	Jean	425-1815		<a href="mailto:jean.wespetal@rfsd.k12.wi.us">jean.wespetal@rfsd.k12.wi.us</a>	Honorary Member – Special Ed
Wilson	Rick		715-629-7723	<a href="mailto:rwilson231@aol.com">rwilson231@aol.com</a>	Materials Engineer
Wulf*	Wayne	866-559-1800	426-1800	<a href="mailto:Wayne.S.Wulf@ampf.com">Wayne.S.Wulf@ampf.com</a>	Financial Services
Yde	Linda	Retired	425-0080	<a href="mailto:lmyde@dishup.us">lmyde@dishup.us</a>	Health Care Administration
Young	Gordi	425-0909		<a href="mailto:gordie2000us@yahoo.com">gordie2000us@yahoo.com</a>	Law Enforcement
Young*	Jodie	425-8788	386-2402	<a href="mailto:info@bakken-young.com">info@bakken-young.com</a>	Funeral Director
Zimmerman	Shannon	426-9505	651-492-3336	<a href="mailto:szimmerman@sajan.com">szimmerman@sajan.com</a>	Language Translation

\*Members indicated with an asterisk are Paul Harris Fellows at this time. PH Fellows have contributed more than \$1000 US to the Rotary Foundation.

+ Indicates members who are also Rotary Benefactors, leaving at least \$1000 to the Rotary Foundation in their wills.